



# WORKING WITH FEAR

*Instead Of Fear Working You Over*

Our attitude to fear is so negative we don't even name it. We call it:

Self Doubt

Lack of Confidence

Insecurity

Nerves

Stressing Out

Cold Feet

When we know how to handle it we can use it's energy to our advantage rather than wasting energy trying to avoid it or get rid of it.

# MYTHS ABOUT FEAR

Fear is a sign of weakness.

Fear worsens performance.

Fear holds you back.

Confidence is the absence of fear.

# THE TRUTH ABOUT FEAR

When you step out of your comfort zone, take a risk or face a challenge, you will feel fear. That is not weakness, *it is normal*.

Fear is not your enemy. It is a powerful source of energy that can be harnessed and used for your benefit.

It is not our fear that holds us back – it is our attitude towards it that keeps us stuck.

Real fearlessness is not the absence of fear; it is a transformed relationship with fear - **we are going to spend time now doing exactly that...**

# WHAT IS FEAR?

Fear is a feeling induced by **perceived** danger or threat that causes a change in metabolic and organ functions and ultimately a change in behaviour, such as fleeing, hiding, or freezing.

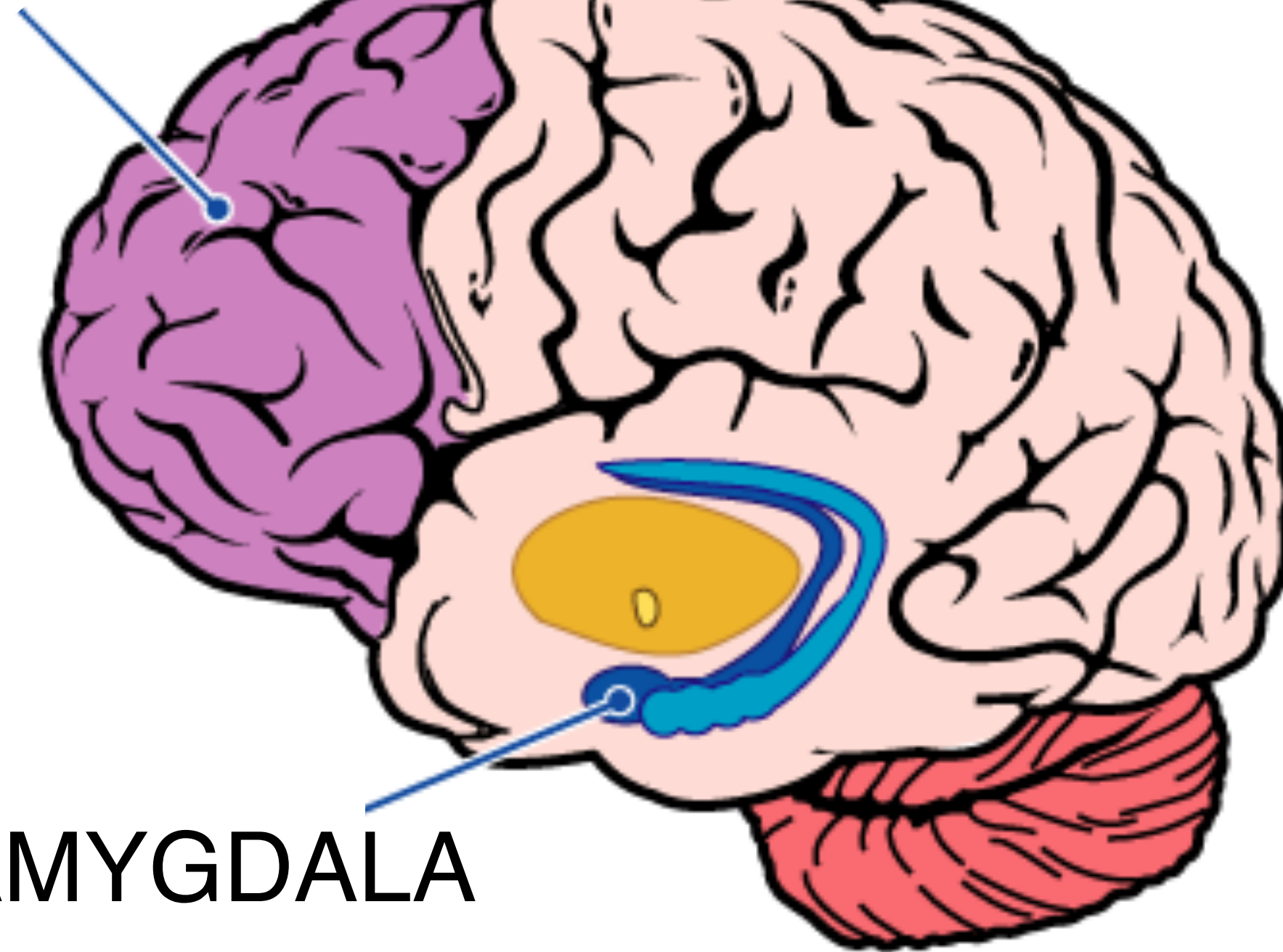
This is often referred to as *Amygdala hijack*.



# HOW DOES FEAR WORK?

THOUGHT

*sub-vocalising*



AMYGDALA

Approx 1,000 times  
faster than thought.

*The Amygdala is considered to  
be part of the Limbic system.*

The Amygdala triggers the  
release of **Cortisol** and  
**Adrenaline** by your adrenal  
glands to prepare you for  
“*fight or flight.*”

**Cortisol** = steroidal hormone.

**Adrenaline** = stimulant.

# THE AMYGDALA HIJACK

## DANIEL GOLEMAN

This happens when a situation causes the amygdala to hijack control of the response to stress.

*The amygdala **disables** the frontal lobes and activates the ‘fight-or-flight’ response.*

Without the frontal lobes, **thinking** deteriorates, **rational decisions** vanish, and **controlling responses** diminishes.

Control has been “hijacked”.

# CORTISOL & ADRENALINE

These 'Stress Hormones':

1. Relax airways, opening them up to take in more oxygen,
2. Increase the blood flow to muscles,
3. Increase blood sugar for more energy,
4. Dilate pupils to enhance vision,
5. Accelerate heartbeat (can become very rapid),
6. Increase sweat activity (sweaty palms!),
7. Goosebumps (hackles raised),
8. Elevate body temperature.....

Often after amygdala hijack, people feel embarrassment because of behaviour that was inappropriate or irrational.



# CREATING EQUILIBRIUM

1

## REASONING

Thinking through the situation and identifying triggers can often help the Amygdala slow down its urgent signals.

2

## MINDFULNESS

The deliberate direction to the cerebral cortex to notice every detail brings the intellect back on line as the dominant brain process.

3

## MEDITATION

Building inner peacefulness increases the “threshold” for the Amygdala to be triggered.

# WHAT IS FEARED MOST?

Terrorist Attacks

Spiders

Death

Failure

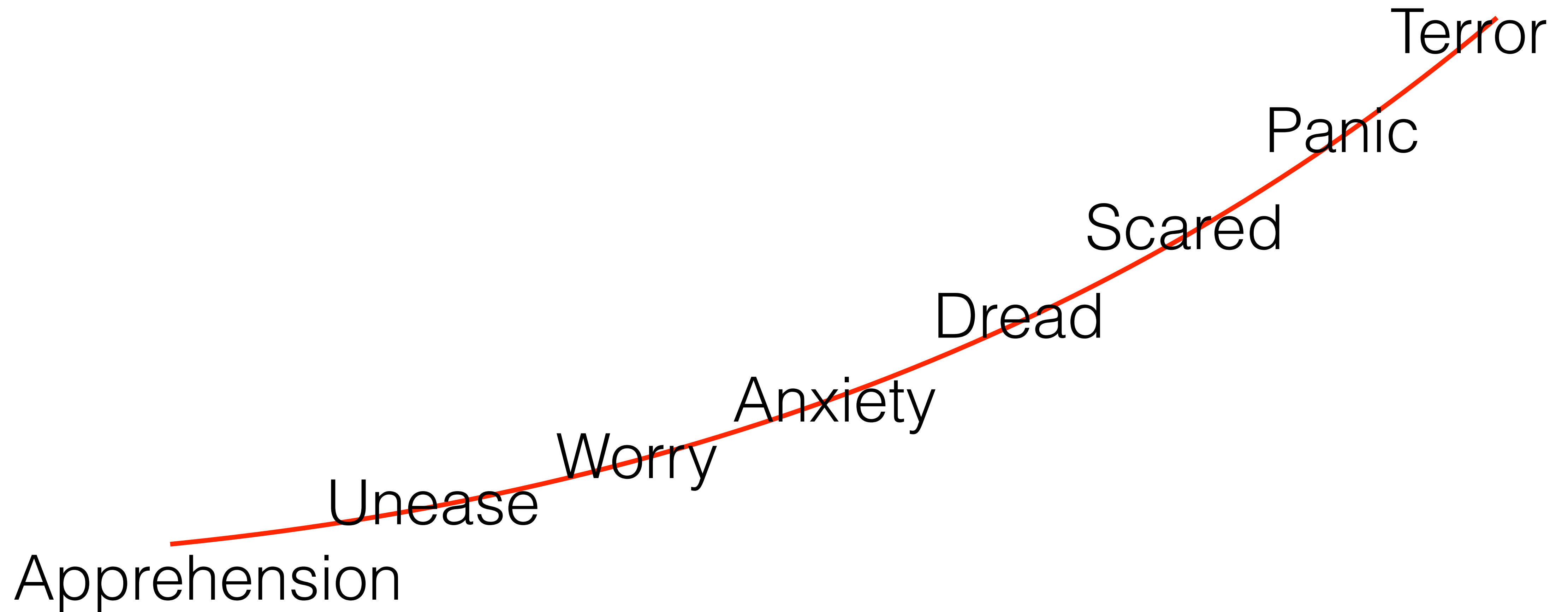
War

Gang Violence

Being Alone

Nuclear War

# IS THERE A SCALE?



# TYPES OF FEAR

## **REAL**

Death

Injury

Car crash

Snake bite

## **IMAGINED**

Speaking in public

Unknown

Demons/Ghosts

Enclosed spaces

Needles

Failure

Success

# UNDERSTANDING FEAR

1

## JUDGEMENT

Judgement locks fear into place. You will never release a fear if you judge it to be real.



2

## REACTION

To react means to re-enact, stay on the same level as, meet, match or otherwise stay stuck in a particular paradigm.



# RE-ACTION CREATES...

1

## **JUDGEMENT**

This is real, imminent & life threatening.

2

## **REACTION**

Nervous system arousal, “fight/flight” activated.

3

## **AVOIDANCE**

‘Avoid elevators.’

4

## **ESCALATION**

Avoid buildings with elevators.

5

## **ISOLATION**

Avoid going out, reaching out or asking for help. Focus on being ‘faulty’.

# UNDERSTANDING FEAR

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# THE ONLY ALTERNATIVE

## 1 SUSPEND JUDGEMENT

This is **may or may not be** real, or imminent or life threatening.

## 2 CHOOSE A RESPONSE

I choose to explore the possibilities.

## 3 PRACTICE EXPOSURE

Gently & progressively step into the experience.  
(Starting at the lowest level possible)

## 4 HABITUATION

Allow the physiological sensations to exist & choosing to observe them.

## 5 VICTORY

Sensing personal accomplishment.

# THREE LEVELS OF VICTORY

1

## PSYCHOLOGICAL

Accomplishment and personal empowerment. Every experience increases personal power and decreases the fear.

2

## BEHAVIOURAL

Developing skill and mastery. Mastery decrease the chances of failure.

3

## EMOTIONAL

Developing skill and mastery makes us feel confident and empowered.

\* additionally and profoundly...



# THREE LEVELS OF VICTORY

\* additionally and profoundly...

Many (*perhaps all*) anxiety problems are, at their core - a "fear of fear."

Most people who fear crowds, elevators, or planes know that these objects are not dangerous.  
(*they most likely let their kids fly in a plane*).

What they **fear** are the **sensations** of fear.



# WARNING # 1

A common response to fear is to attempt to gain control.  
This is most commonly motivated by the illusion  
that POWER is the result of control.

You'll know you are 'controlling if you:

1. Are arguing or fighting to prove you are right,
2. Tell a porky to be right,
3. Raise your voice to be heard,
4. Can't/won't see the opposite point of view,
5. Feel you are in a win/lose battle,
6. Believe someone can or will, hurt you.

# WARNING # 2

Fear most commonly arises from **fairy** stories.  
The stories **ALWAYS** have **HORRIFIC** endings.

If you don't empty the dishwasher you'll get sent to your room.

Do your homework or you'll get a detention.

You need to study hard because it doesn't come easy.

If you speed down the highway you'll get fined.

The stories boil down to a **(very)** few bottom line negative beliefs about ourselves.

You have to work hard & be honest to get anywhere.

God will punish you for your sins by sending you to hell.

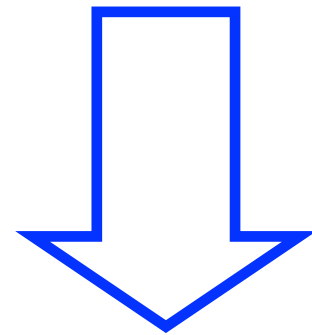
You are wrong bad and awful because you are different.

Vote for the other mob and the world will end...

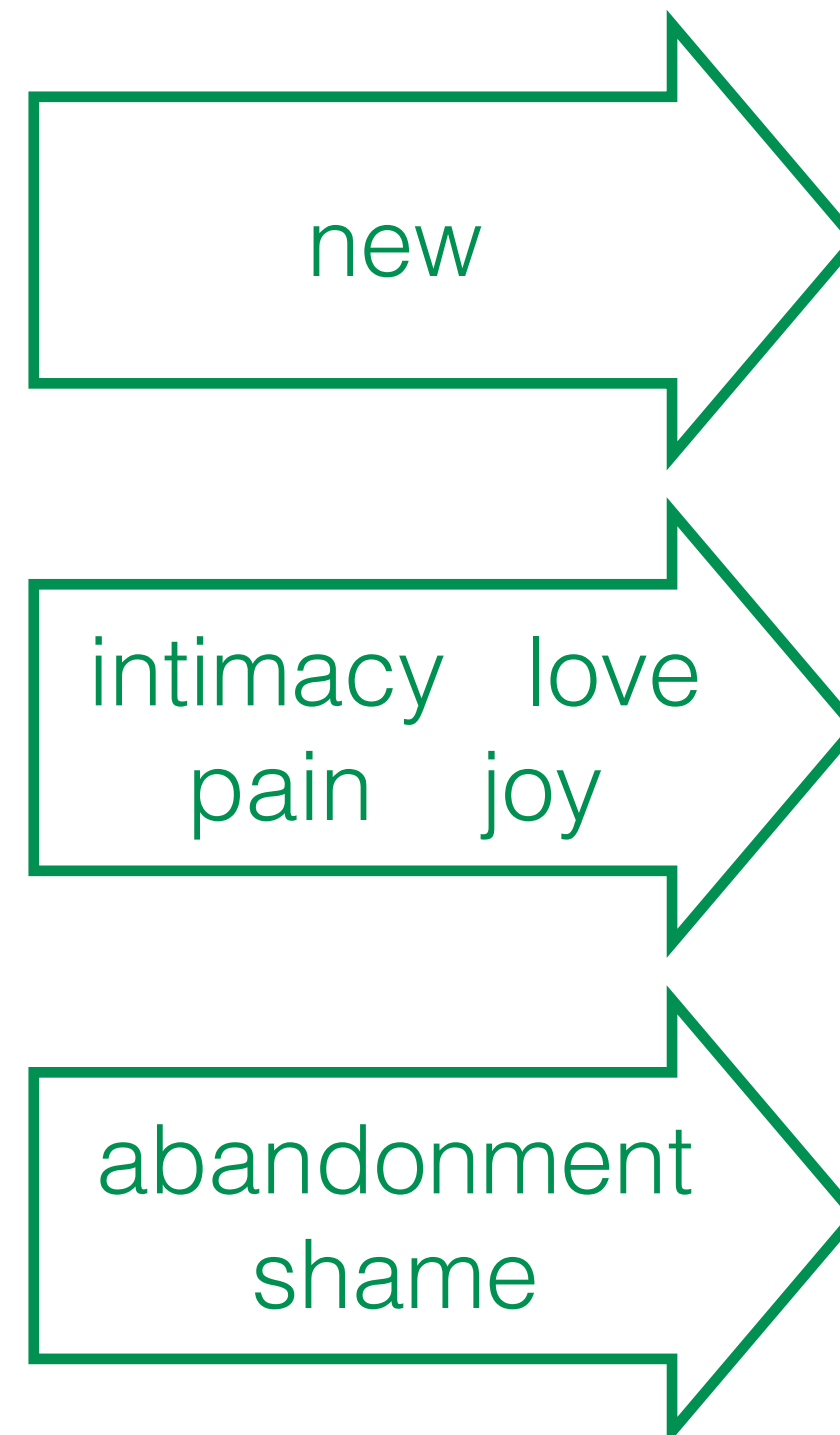
# WARNING # 2

Fear most commonly arises from fairy stories.

## FANTASIES

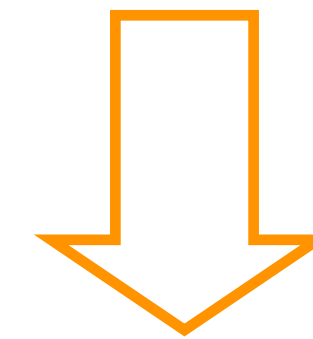


Failure is a sign of  
my 'faultiness'  
I'm not worthy...  
I'm not good enough...  
I don't deserve...  
I am ashamed of...  
I feel guilty about...



## THE 3 BIG FEARS

(EGO THREATS)



Unknown

Intensity

Emptiness

fear of  
death

I will  
cease  
to  
exist



# DUMPING YOUR STORY

- Step into the story
- How does it give your life meaning?
- What is that meaning?
- Is it working?
- What would be better?
- What changes do you need to make?
- What are you committing to?
- Who is your accountability buddy?



# WARNING # 3

Hijacking is often 'out of our control'.

When we do have some (*control that is*) we most often choose suppression as an emotional management tool.

We are not taught suppression in lessons like Maths, Science etc...

...the teaching is delivered through abandonment.



# THE SUPPRESSION SEQUENCE

An **emotion** prolonged becomes a **mood**.

A **mood** prolonged becomes an **expectation**.

A **expectation** prolonged becomes an **attitude**.

An **attitude** (bias) prolonged becomes a **belief**.

A **belief** prolonged becomes a **'fact'**.

**Our experiences 'prove' the facts.**

It's our resistance to feeling an ugly emotion that prolongs it.

# WHAT YOU BURY MORPHS

If you bury a body and go back in 20 years...

If you chop a tree down and go back in 20 years...

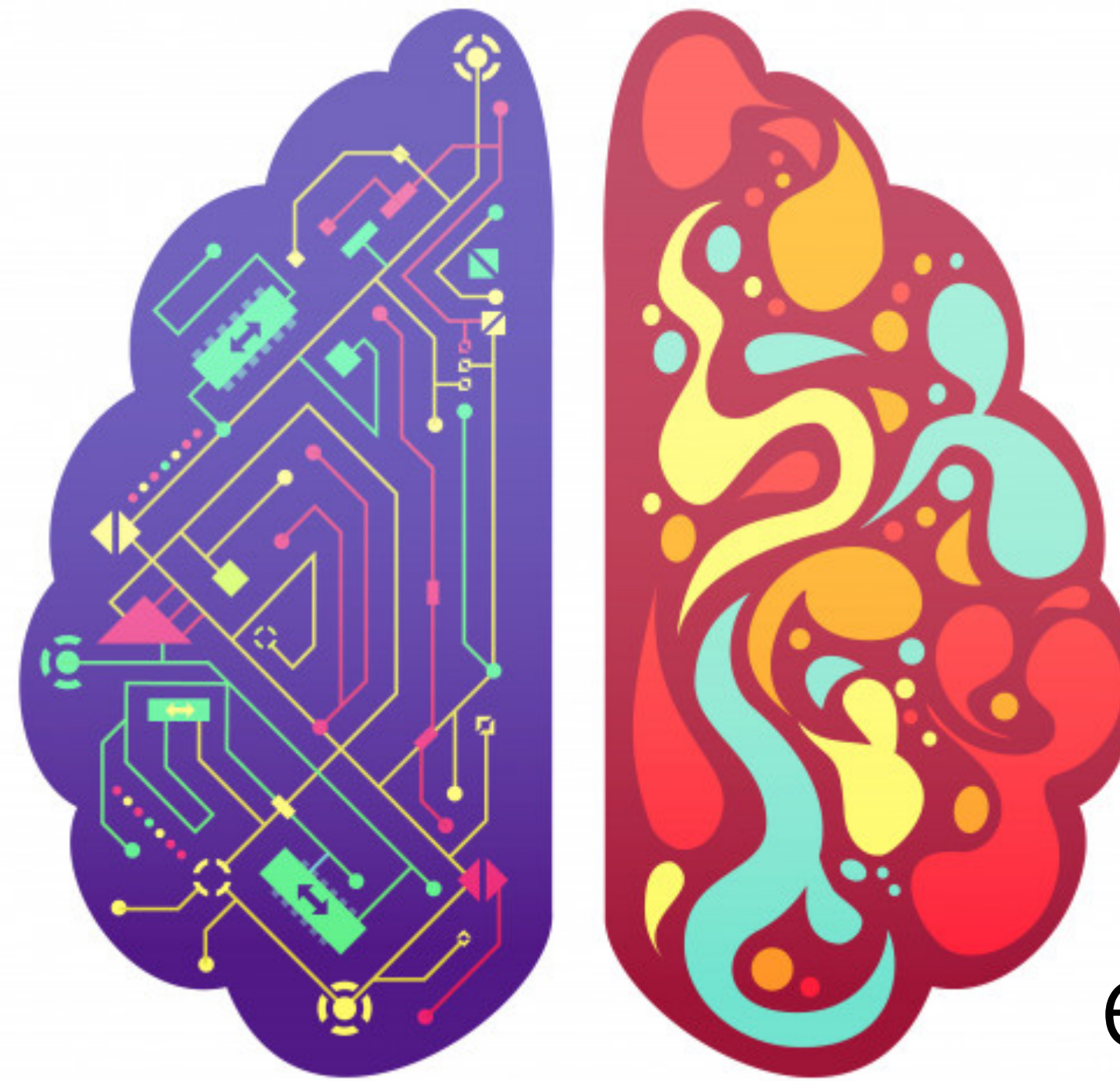


EG: Emotional eating



# THE CULTURAL CONUNDRUM

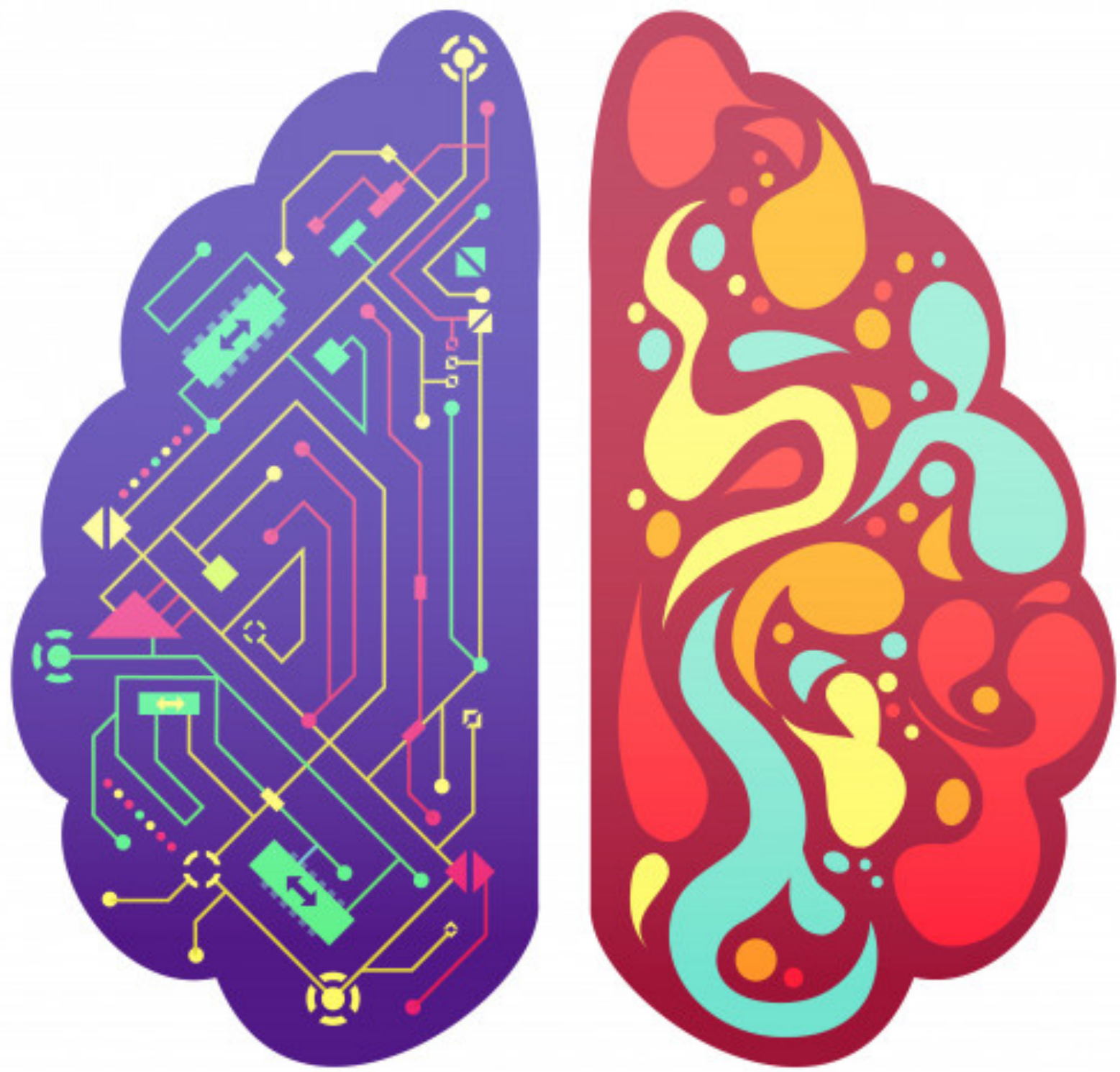
We've been taught to defer to our **thinking processes**. Since the Industrial Revolution - science based technological advancement has been created by elevated intellectual activity.



This has created an over dependance on rational thought (*“why do I do that?”*) meaning that the average adult does not trust their intuitive and emotional responses. Self trust is at an all time low.



The average person needs to **feel** more and **think** a lot less...



BUT  
when it comes to fear

...we need to **feel** less and **think** more.



# RISK VS SECURITY

open jealousy

loneliness

reversals of direction

guilt about your choices

lack of security

Derision from 'friends'

sleepless nights

discouragement

constant change

living on the brink

isolation

constant decisions

bald faced theft

outright lies told about you

FEAR

unfair competition

hopelessness

endless brick walls

frustration

beaurocratic bullshit

crippling self doubt



# RISK VS SECURITY

When you “Go Your Own Way...”

open jealousy

loneliness

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When **desire** overcomes **fear**....

...not risking becomes the fear.

## *Exercise:*

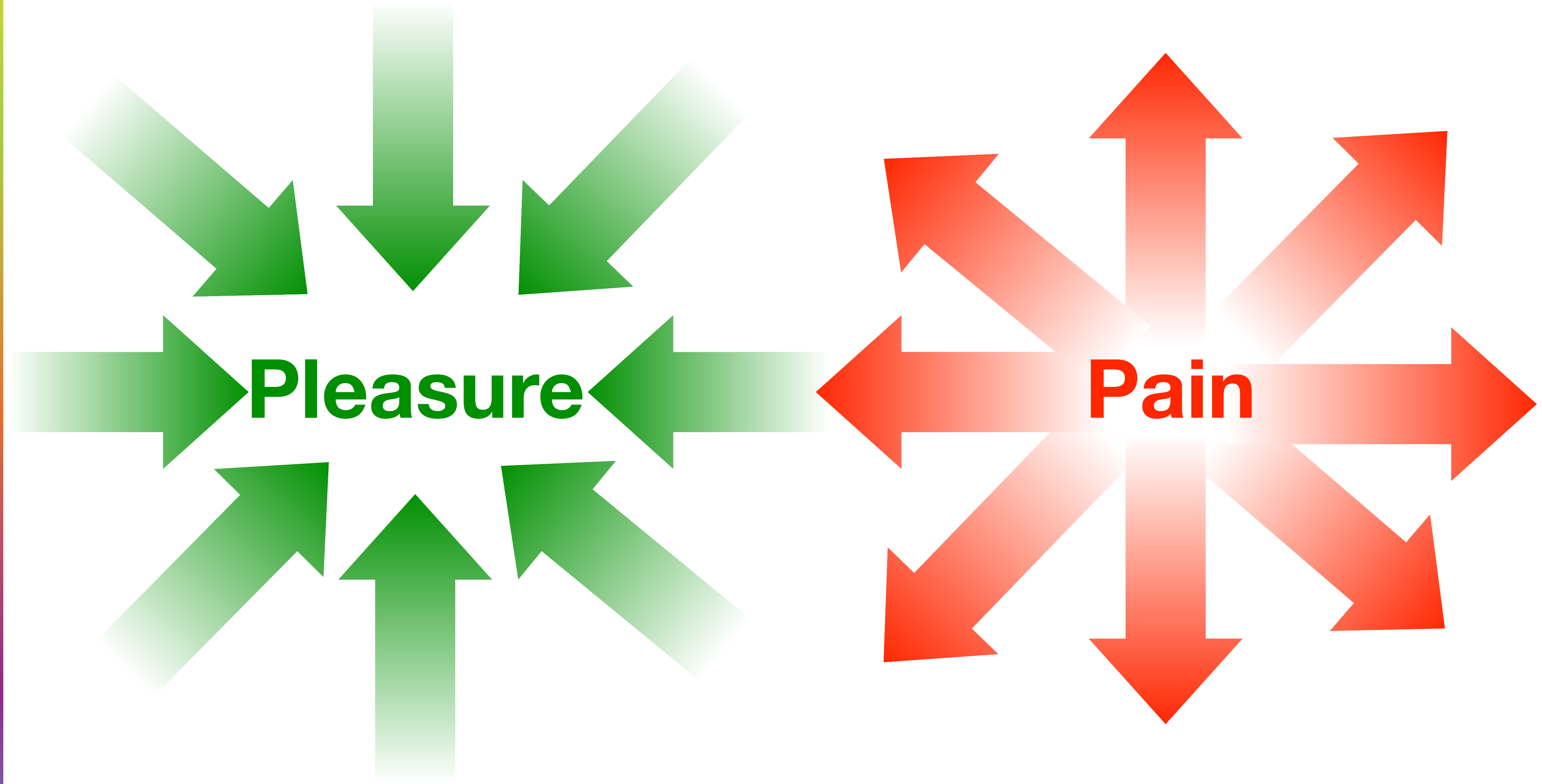
1. In a random fashion - list your fears (risks).
2. Number them from scariest to safest.
3. Which will you tackle first?
4. Ask for help.

The secret of success is learning how to use **pain** and **pleasure** instead of having **pain** and **pleasure** use you.

If you **do** that - you are in control of your life.

If you **don't** - life controls you.



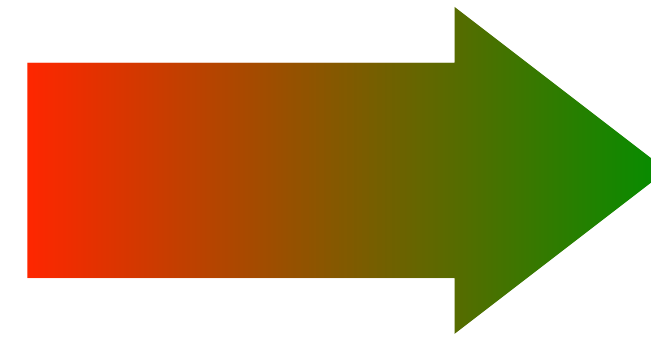


**PAIN**

**PLEASURE**

GENERAL

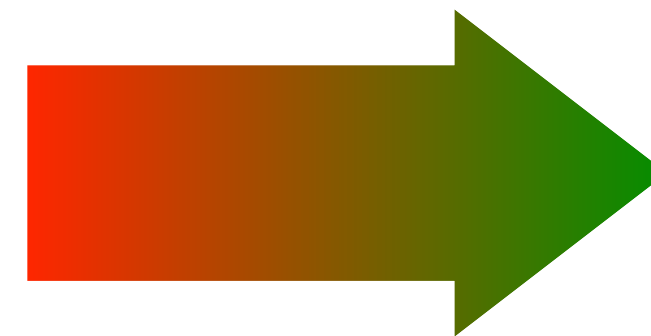
Fear



Hope

West

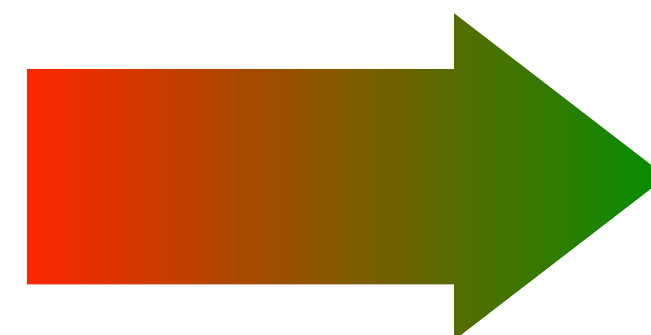
Rejection



Acceptance

East

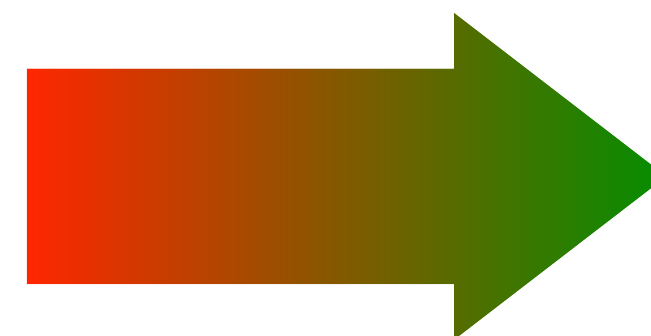
Fragility



Power

North

Flawed



Unity

South

# THE DRIVERS

The human brain isn't designed for happiness or success.

We're still programmed for **survival**.

When challenged - our nervous system snaps our flight/freeze response to protect us.

If we're trying to outrun a mountain lion, seeing the world through the lens of danger is critical to our survival.

But if we're running a business, a family, or a club,  
the fear that once saved our lives can  
**crush our capacities and dreams.**

# THE DRIVERS

When shown a series of positive and negative images...

...stressed people recall - in stunning detail the  
negative images...

...but don't recall factual information from the positive.

*Perfect for an emergency escape in the Sahara but  
horrible for innovation, creativity, and happiness.*

# PAIN

## REAL PAIN (10%)

It's possible to turn towards pain, become present to it and begin to control it. This requires mindfulness and *PRACTICE*.



## IMAGINED PAIN (90%)

We simply amplify it to the point where we become COMPULSIVE.





# PLEASURE

## REAL PLEASURE (10%)

It's possible to enter the moment and experience bliss that affects your whole day.



## IMAGINED PLEASURE (90%)

We simply amplify it to the point where we become COMPULSIVE.



# PAIN VS PLEASURE

## OVERCOMING THE CYCLE



Your imagination determines 90% of the impact of both.

### RECIPE:

Turn towards the “pain”  
three times a day and fully  
experience it.  
It will dissipate both long  
and short term.

### RECIPE:

Turn towards the  
“compulsion” three times a  
day and fully experience it.  
It will dissipate both long  
and short term.



# FEAR STRATEGIES

# 1

## CREATE A CHARACTER

Fear is often difficult to deal with because of the inability to relate to it as a concrete entity. Most people struggle with an all encompassing 'dread'.

Give the fear a name and personality so that you can talk with it, welcome it, rubbish it, talk trash to it...

The ability to talk to the fear as if it were a person facilitates our ability to de-power it.

# FEAR STRATEGIES

## 2

### FOLLOW IT THROUGH

Instead of “What if?...” or “Oh my God...”

Ask, “*So what?*” or ponder, “*OK, so then what I’ll do is...*”

Most often, a residual fear gains its power because of the threat of the unknown.

We can cause it to lose its grip by imaging the disaster unfolding all the way through to its logical end conclusion.

# FEAR STRATEGIES

## 3

ASK: "IS IT TRUE?"

Is what you are imaging really likely/true?

Confronting the awful reality that the fear is genuinely real - most often reduces it to a fairy tale told by the clueless to the immature.

### NOTE:

Many a fear was simply a **projection** from one frightened authority figure onto an innocent bystander in the name of "care".



# FEAR STRATEGIES

## 4

### CONNECT TO YOURSELF

Play your favourite song, ring your best friend, walk in the bush, play with the dog or otherwise turn inwards to your truest self.

Find the PEACE, LOVE & JOY that exists within.

### NOTE:

Spend time comprehending that...

Fear is the absence of love &

Love is the absence of fear.

# FEAR STRATEGIES

# 5

## TRAVEL WITH FEAR

Get in the **drivers seat** and let the fear be a non directive passenger.

Acknowledge that the fear exists and that it may never completely go away - but also determine that it will play a minor role in your life - telling you to be careful but leaving it at a warning.

# FEAR STRATEGIES

## 6

### TURN TOWARDS THE FEAR


1. Find the most appropriate word for the fear and articulate it to the best of your ability.
2. Turn inwards and explore the sensations as thoroughly as you possibly can.
3. Welcome the fear into your body.
4. Allow it to expand *(it will feel like it's taking over!)*
5. Watch it dissipate.
6. Breathe.
7. Choose a new feeling to 'live' where the fear was.

# MASTERING FEAR

To transform our relationship with fear we need to know 3 things:

1. How to handle our thoughts and feelings.
2. How to take control of our actions even when our thoughts and feelings are uncomfortable.
3. How to engage in what we are doing irrespective of our thoughts and feelings.






## FEAR: BEST FRIEND & MORTAL ENEMY

STEP 4 CONT.

Why am I a

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How will I g



## FEAR: BEST FRIEND & MORTAL ENEMY

STEP 3

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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

STEP 4

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## FEAR: BEST FRIEND & MORTAL ENEMY

STEP 2

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What are your



## FEAR: BEST FRIEND & MORTAL ENEMY

STEP 1

FEAR & HOW IT WORKS

What is fear? Why do we experience fear?

What are the main fears in your life right now?

What do you do to add to the fear, or make it worse?

What happens in your body when you feel afraid?

When you are fearful, where do you keep the feeling if you have to hold on to it?

STEP 1 CONT.

What is the flight or fight response?

Describe your experience with this when you have needed to step out of your comfort zone.

What fear did you experience?

What did the fear promise you it would deliver to you?

Did it deliver on its promise?

Download from the workshops tab of the members site.

# FEAR: BEST FRIEND & MORTAL ENEMY

| Grading Element                | Exceptional (4 Points)  | Competent (3 points)   | Needs Improvement (2 points)   | Unsatisfactory (1 point)   | Score |
|--------------------------------|---|--|--|--|-------|
| <b>Fear &amp; How It Works</b> | I understand fear is a feeling induced by perceived threat, I know that it is normal and that I always handle it in a way that I can use it's energy for my benefit.  | I understand fear is a feeling induced by perceived threat, I often remember that it is normal and often handle it in a way that I can use it's energy for my benefit.   | I understand fear is a feeling induced by perceived threat, I am sometimes aware that it is normal and not quite sure how to handle it in a way that I can use it's energy for my benefit.                                 | I see fear as a sign of weakness, I spend a lot of time avoiding it and don't know that I can use it; so it I stay stuck. everything feels threatening.  |       |
| <b>Understanding Fear</b>      | I am always suspend my judgement about the 'fear', choose my response, step into the experience and observe the physiological sensations.   | I often suspend my judgement about the 'fear', often choose my response, step into the experience and often observe the physiological sensations.  | I sometimes suspend my judgement about the 'fear', I rarely choose my response, mostly I react and stay stuck.   | I allow my judgement about the fear to lock it in place, it always feels very real; I react to the fear and have no clue about strategies so always feel stuck.  |       |
| <b>Levels Of Victory</b>       | I always increase my personal power with every experience of fear and develop my skills in handling fear to the point of mastering it; I always feel confident and empowered.                                 | I often increase my personal power with every experience of fear; I am developing my skills in handling fear and I often feel confident and empowered.   | I sometimes feel my personal power when I experience fear; I sometimes have skills handling fear and I sometimes feel confident.   | I never feel empowered when I am fearful, I have no skills when handling fear and rarely feel confident.   |       |
| <b>The Drivers</b>             | I always use pain and pleasure by turning towards them with mindfulness so that I always feel like I have control in my life.   | I often use pain and pleasure by turning towards them with mindfulness so that I often feel like I have control in my life.  | I sometimes turn towards pain and pleasure with mindfulness but often feel like my life is out of control so I loose hope.   | I never turn towards pain, I turn away to avoid it. I rarely feel any pleasure. My life is out of my control.  |       |
| <b>Fear Strategies</b>         | I always employ strategies to handle my fear: I can talk to my fear; follow it through to it's logical conclusion; question it's validity; connect with myself; travel with my fear or turn towards the fear. | I often employ strategies to handle my fear: I often talk to my fear; follow it through to it's logical conclusion; question it's validity; connect with myself; travel with my fear or turn towards the fear. | I sometimes employ strategies to handle my fear: I often talk to my fear; follow it through to it's logical conclusion or question it's validity. I need to learn how to connect with myself and to turn towards the fear. | I rarely employ strategies to handle my fear: I often talk to my fear and follow it through to it's logical conclusion but that just makes me more afraid. I never question it's validity or turn towards the fear. i can't connect with myself. |       |

Action Items

Final Score

/20

Download from the workshops tab of the members site.



# WHAT NEXT?

## **NEXT DAY Q&A**

Tuesday 24th April 8pm (Sydney time)

*You will be receive an email from zoom to access this session.*

## **NEXT WORKSHOP: STRESS - THE SILENT KILLER**

Saturday 19th May 10am - 3pm (Sydney time)

9am - 2pm (Qld time)

*Venue: 3 Harrigan's Lane, Jacobs Well QLD*

# REMEMBER...

Post about your progress.

Sharing problems is as important  
as sharing victories.

Support each other.

Ask me anything - I will answer as  
many questions as you ask!

